Operating and Maintaining P80 Console

PRECOR

Operating and Maintaining the P80 Console

PRECOR®

Edition Information

OPERATING AND MAINTAINING THE P80 CONSOLE

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Important Safety Instructions

Important: *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

Note: This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

WARNING **To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.**

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.

- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

  French equivalent of the above notice, for Canadian markets: *Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.

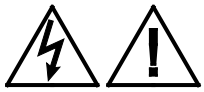
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- **SPACING—**The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:
  - **Treadmills—**a minimum of 0.5 m (19.7 in.) on each side of the treadmill and 2 m (78 in.) behind the machine.
  - **Cardio equipment other than treadmills—**a minimum of 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) behind or in front the machine.

  Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (*see Section 305*). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

  Important: *These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.*

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.
- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.



CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

Electrical Recommendations: 120 V and 240 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp individual branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

Important: *An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.*

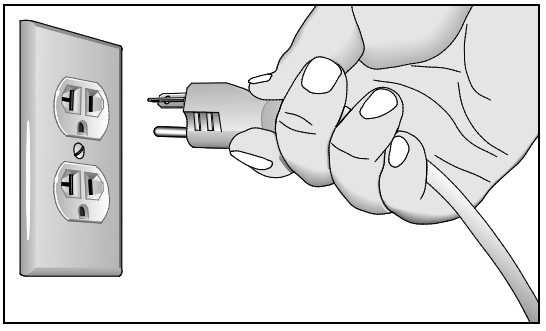


Figure 1: North American 120-volt, 20-amp power receptacle

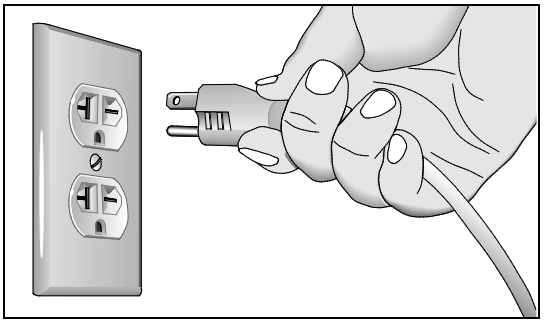


Figure 2: North American 240-volt, 20-amp power receptacle

Electrical Recommendations: All Equipment Excluding Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit, then the number of screens must be reduced by the wattage of the other devices.

Note: The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.

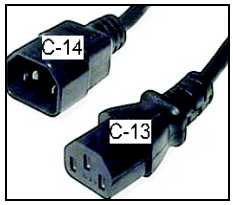


Figure 3: IEC-320 C13 and C14 plugs

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at *http://www.precor.com.*

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Chapter 1

Getting Started

The P80 console offers administrators and users the ability to set default settings that meet their specific needs. To accomplish this, the console supports settings for different classes of users depending on their administrative rights.

- A **guest user** exercises on a piece of equipment without signing in or creating a Preva account.
- A **registered user** has created a Preva account and uses a sign-in password or Preva Token to use that account.
- A **registered service technician** uses a sign-in password with extra permissions to administer console settings.
- An **administrator** is always registered, uses a sign-in password and has full access to the console settings.

Changes to the Personal Information and Preference settings are saved to a registered user's Preva account. An unregistered user can change preference settings; however, because they lack a personal account, those changes are not saved, and apply only to their current workout.

Identifying Parts of the Console

The following figure provides information about the console keys. The number and actions of the console keys may differ slightly depending on the type of equipment.

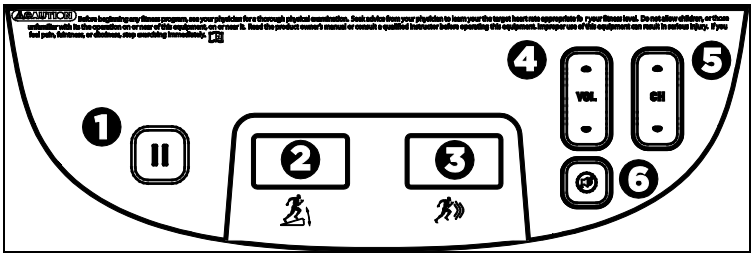

Figure 4: P80 console keys

Table 1. Key descriptions for the P80 console

Number	Key Name	Function
1	Pause	Stops the equipment
2	Incline/CrossRamp® Indicator	Appears on treadmill, elliptical, and AMT with Open Stride™
3	Intensity Indicator	Also called Speed or Resistance indicator depending on equipment type
4	Volume Up/Down	Increases or decreases volume
5	Channel Up/Down	Changes TV channel
6	Mute	Turns the volume on or off

Using the Treadmill Safety Clip

The treadmill is equipped with two different stop functions, which behave as follows:

If the user ...	*Then the treadmill belt ...*	*And the console ...*
Pulls on the lanyard attached to the safety clip and trips the restart switch. ❶	Slows to a stop.	Shows the words PUSH THE RESET SWITCH. On some console models, an arrow points toward the Restart switch.
Presses down on the red STOP button. ❷	Slows to a stop.	Shows that the exercise workout is paused.

The restart switch is located just below the console and immediately behind the red **STOP** button, as shown in the following figure. When it is tripped, the bar pops up, displaying the words **PUSH TO RESET** on its front side. The treadmill does not operate while these words are visible.

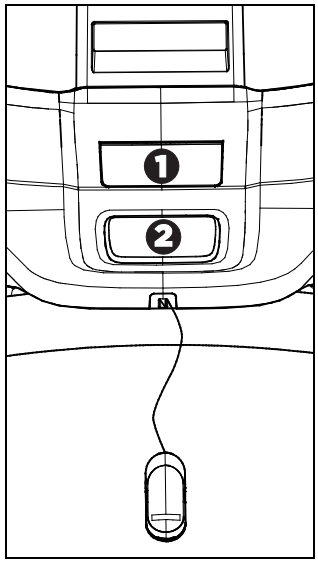

Figure 5: Restart switch

Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

If the restart switch trips during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.

   Note: If the restart switch trips, all information about the current workout is deleted.
3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

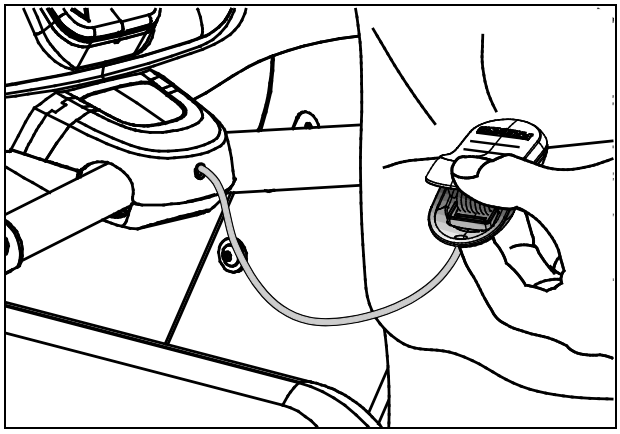

Figure 6: Attaching the safety clip

Treadmill Auto Stop™ (Automatic Stop) Function

Important: *The default setting for this feature is ON. An administrator can turn off this feature in the System Settings; however, Precor recommends it remain ON.*

The Auto Stop™ (Automatic Stop) feature is designed to bring the treadmill to a gradual stop when it is not in use. This might occur if a user steps off the treadmill before the end of a workout and leaves the treadmill running.

Sixty seconds after a treadmill workout starts or resumes, the equipment begins Auto Stop monitoring. If a user is detected, then no message appears, and the selected workout continues.

If no user is detected after an additional 30 seconds, the console displays the message **NO USER DETECTED, STOPPING IN 10 SECONDS** as notification of the pending stop. During the display of this message, a ten second countdown begins. If a user does not override the countdown, the belt comes to a gradual stop after the countdown is complete.

Note: Users weighing more than 90 pounds (41 kg) are detected within the speed and position limits of the feature. Users weighing 50 pounds (22.7 kg) to 89 pounds (40.5 kg) may not be detected depending on their speed and location. Always be aware of and follow the console's instructions for proper operation.

Chapter 2

Configuring the System Settings

Use the System mode to configure settings in ways that benefit your users and your facility. The System menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment.

Important: *A special code is required to access these settings. Do not share this code with anyone except those authorized to change system settings.*

The System menu contains the following settings:

- About
- Equipment Usage
- System Settings

To view the System menu:

1. On the Welcome screen, press and hold **Pause**.

Figure 7: Pause key

2. While holding **Pause**, press each of the following keys **once** in the order presented. Referring to the diagram below, press:

   1 2 3 4

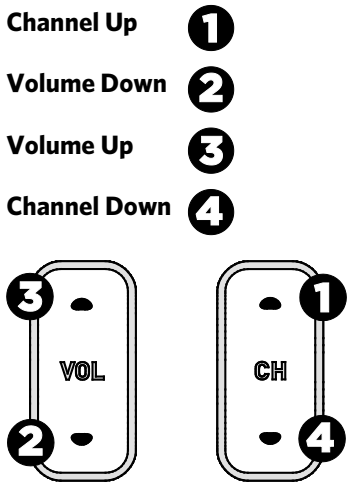

Figure 8: Settings security code

3. Release **Pause**.
4. Using the number pad on the screen, touch the following numbers to enter the password:

   5 6 5 1 5 6 5

5. Touch **OK.**

About

System information settings provide basic information including equipment models and serial numbers. Most of these settings are for informational purposes only and cannot be modified.

To view the System Info settings menu:

1. Use the administrator code and password to view the equipment settings.
2. Touch **About**.

Table 2. About settings

Setting	Access	Detail
Event Log	**Admin/Tech:** View	Provides a list of the most recent hardware and software events, and equipment status.
Console Serial Number	**Admin/Tech:** View	Stored in the console's memory.
Lower Serial Number	**Admin/Tech:** View	Stored in the console's memory.
Location	**Admin/Tech:** View Modify	Entered on console at time of registration.
Release Bundle Version	Only Precor service technicians can modify this setting.	Shows current version and a list of past software updates. Automatically updates as part of each software upgrade.
ETag Check Interval	Only Precor service technicians can modify this setting.	Stored in the console's memory.
Heartbeat Interval	Only Precor service technicians can modify this setting.	Determines how often the console communicates with the server.
Minimum Heartbeat Interval	Only Precor service technicians can modify this setting.	Minimum number of times that the console communicates with the server in a given time period.
Maximum Heartbeat Interval	Only Precor service technicians can modify this setting.	Maximum number of times that the console communicates with the server in a given time period.
Mfe MAC Address	Only Precor service technicians can modify this setting.	Stored in the console's memory.
Network Time Server 1	Only Precor service technicians should modify this setting.	
Network Time Server 2	Only Precor service technicians should modify this setting.	

Setting	Access	Detail
Network Time Server 3	Only Precor service technicians should modify this setting.	
Machine Type	**Admin/Tech:** View	Type of equipment.

Equipment Usage

The Equipment Usage settings provide information on individual usage as well as cumulative equipment usage. This information and these settings are accessible only to administrators and registered service technicians.

To view the Usage settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **Equipment Usage**.

Table 3. Equipment Usage settings

Setting	Access	Detail
Cumulative Workout Seconds	**Admin/Tech:** View	Total number of seconds. Seconds are counted when the workout clock starts.
Cumulative Workout Distance	**Admin/Tech:** View	• Treadmills will report miles of use. • AMTs will report a "horizontal distance" miles or strides depending on equipment model. • Ellipticals will convert total strides to miles. • Bikes will convert total revolutions to miles.
Cumulative Workout Sessions	**Admin/Tech:** View	Total number of sessions. A session is counted if the summary screen displays.
Last Workout Start Date Time	**Admin/Tech:** View	The date of the start of the last workout.
Last Workout End Date Time	**Admin/Tech:** View	The date of the end of the last workout.

System Settings

Use the System Settings to test your equipment and set parameters that benefit your users and your facility. The System Settings menu is visible only to administrators and registered service technicians.

The System Settings menu contains the following sections:

- Connectivity
- Display
- TV Settings
- Workout Limits
- Manage Settings

Precor recommends that you configure the P80 consoles in your facility by sharing setting files. Configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

Once you have done this, you can export the settings for that type of equipment onto a USB drive and then import those settings into other P80 consoles installed on equipment of that type.

For more information, refer to *Manage Settings*.

Connectivity

Configuring your audio, video, and network infrastructure requires expertise. Precor strongly recommends that you work with a qualified contractor to set up this infrastructure.

To view connectivity information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Connectivity**.

Table 4. Connectivity settings

Settings	Default	Detail
Network Type	Wired	
Configuration	Automatic	Automatic or Manual Touch Settings to view the • IP Address • Netmask • Gateway • DNS Primary • DNS Secondary
Status		Connected or Not Connected
IP Address		Location-specific
Preva® Server		URL region-specific

Display

Use the Display settings to personalize language and time zone settings for your facility.

To view and change the Display settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Display**.

Table 5. Display settings

Setting	Setting Options	Default Value
Default Language	Choose from a list of available languages	English
Measurement Units	US Standard Metric	US Standard
Standby Mode Delay	• 5 Minutes • 15 Minutes • 30 Minutes • 60 Minutes	15 Minutes
Time Zone	GMT-10 through GMT + 12	GMT-01 Azores, Cape Verde
Internet Browser Access	On/Off	On
Preva Net Panel	On/Off	On

TV Settings

TV Settings help you set up television channels for your users.

The TV Settings are:

- Channel Guide
- Region
- Default Channel
- Volume Correction
- Skip Unnamed Channels
- Extensive Scan
- Closed Captioning
- Export/Import Channel Names

To view TV Setting information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **TV Settings**.

Channel Configurations

There are two different ways to set up the TV channel configurations for the P80 console. You can scan for available channels or add channels manually.

Precor recommends that you set up one P80 console per equipment type with channel definitions as well as channel text, and then export those settings to your other P80 consoles. This method ensures that all P80 consoles in your facility have the same configuration.

To scan for available channels:

1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Channel Guide**, then **SCAN**.

   The console scans available channels, and all available channels appear on the screen.

   Note: If there are analog channels missing from your list, run an extensive scan to pick up missing channels or channels with weaker signals.

To run an extensive scan:

1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Extensive Scan**.

   Note: This scan may take up to two hours to complete.
4. Touch **On**, then **OK**.
5. Touch **Extensive Scan** again.

   On should still be selected.
6. Touch **OK** to begin extensive scan.

To delete a channel from the Channel Guide:

1. On the Channel Guide screen, touch the listing for the channel you want to delete.
2. Touch the **Delete** button that appears next to the listing.
3. When asked “Are you sure?", verify that you want to proceed, then touch **Yes**.

Table 6. TV Settings

Settings	Detail	Default
Channel Guide	Use to scan basic channels	
Region	Select the appropriate region for your location.	United States
Default Channel	Set a default channel for the equipment. This is the channel that will display when the TV is turned on.	
Volume Correction	Allows for volume adjustment of analog channels to match digital channels	0
Skip Unnamed Channels	Use to screen out channels that are not valid or encrypted.	On
Extensive Scan	Run to identify analog channels missed by the basic scan or channels with weak signals. Takes up to two hours to complete.	Off
Closed Captioning	Select ON if you want closed captioning to appear on your TV screen.	On
Export/Import Channel Names	Import the channel names once a basic channel scan is complete.	Blank

Editing the Export/Import Channel File

Note: You will need to scan for channels before you can export the file. If you have not scanned for channels, refer to Channel Configurations in the preceding section.

Exporting the channel list from the fitness equipment creates a file called channel-list.ini. This file can be used to specify channel names in languages that are not yet supported by the P80 console.

To export this file from your console:

1. Enter your code to view System Settings. To locate your code, refer to *Configuring the System Settings*.
2. Insert a USB drive into the console.
3. On the Settings menu, touch **System Settings**.
4. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.
5. When the box is lit, touch **Export to USB**. The channel-list.ini file is saved on your USB drive in the /precor folder.
6. Touch **OK** to return to the System Settings menu.
7. Touch **Back** twice to return to the Welcome screen.

   Important*: You must return to the Welcome screen before you remove the USB drive.*
8. Remove the USB drive from the console and insert it into your computer.

To edit the file and reload it:

Note: You will need a UTF-8 capable editor program to open the channel-list.ini file. Such programs are available free on the internet.

1. Using the editor, open the channel-list.ini file and edit the channel names on the right side of the equal sign. Do not change the information on the left side of the equal sign, or the equal sign itself.

   Important*: Do not add or delete any channels from this list. This must only be done through* Deleting a Channel.
2. Save the file using the same name and extension. Be sure it is in the /precor folder, and close the editor. This prevents read or write errors to the USB drive.
3. Remove the USB drive from your computer and reinsert it into the same console you used for your initial export.
4. Enter your code to view the System Settings.

5. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.
6. When the box is selected, touch **Import from USB**. The updated channel-list.ini file is loaded and the Channel Guide displays the updated channel names.
7. Touch **OK** to return to the System Settings menu.
8. Touch **Back** twice to return to the Welcome screen.

   ***Important**: You must return to the Welcome screen before you remove the USB drive.*

The updated .ini file and channel configurations can be exported to a USB drive along with other equipment settings and uploaded to other P80 consoles mounted on the same type of fitness equipment.

For more information, refer to *Manage Settings*.

Workout Limits

The Workout Limit settings give you control over how the equipment is used. Use these settings to create reasonable limitations for equipment usage including speed, incline, resistance, and duration.

In general, fitness equipment use is based on its popularity with users and its availability during a site's busiest times of day. Settings to enforce time limits will help locations restrict user usage during the busiest hours to provide more access to equipment for more users.

Workout Limit settings are not associated with or saved as part of a personal account and users do not have access to them. Both administrators and service technicians have view and modify access rights.

To modify the Workout Limits settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Workout Limits**.

Table 7. Workout Limits settings

Setting Name	Setting Options	Default Value
Maximum Workout Duration	Use on-screen keypad to enter the maximum workout duration allowed on this fitness equipment	60 minutes
Maximum Pause	• 1 second • 5 seconds • 15 seconds • 30 seconds • 60 seconds • 120 seconds • 300 seconds	30 seconds
Summary Time Out	• No Time Out • 30 seconds • 60 seconds • 120 seconds	60 seconds
Resistance Range (Bike)	• Low • Medium • High	High
Speed Limit (Treadmill)	1-16 mph	16 mph
Incline Limit (Treadmill)	0-15 (Incline range is -3 to 15)	15
Autostop (Treadmill)	• On • Off	On
Crossramp Auto-Level (EFX)	• Sets the default position for the crossramp	10

Manage Settings

Use the Manage Settings feature to save your personalized equipment settings to a USB drive, or to import new software updates from a USB drive.

Precor recommends that you configure the P80 consoles in your facility by sharing settings files. The easiest way to do this is to configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

When your configuration is complete, export the settings file from the hand-configured console and then import this settings file to all P80 consoles installed on similar equipment types.

To save your equipment settings to a USB drive:

1. Insert a USB drive into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Export to USB**.
3. Touch **OK** to accept the export and return to the System Settings menu.

   Note: This procedure exports the updated channel-list.ini file as well as the larger file containing equipment settings, network settings, and channel frequencies.
4. Touch **Back** twice to return to the Welcome screen.

   Important*: You must return to the Welcome screen before you remove the USB drive.*

Once you have exported these settings, remove your USB drive from the console, and insert it into P80 consoles installed on similar equipment types to upload your personalized settings.

To import equipment settings from a USB drive:

1. Insert a USB drive loaded with your personalized settings into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Import from USB**.
3. Touch **OK** to accept the import and return to the System Settings menu.
4. Touch **Back** twice to return to the Welcome screen.

   Important*: You must return to the Welcome screen before you remove the USB drive.*

Chapter 3

Introducing Users to the P80 Console

The P80 console offers clear visuals and a touch-screen layout that encourages program exploration. Multiple preset workouts are designed to help individual users meet their fitness goals, and the console keys and durable motion controls are responsive and easy to use.

Important: *Please review the following sections in this guide with your users before allowing them to use the fitness equipment:*

- *Important Safety Instructions*
- *Using the Safety Clip (for treadmill only)*
- *Educating Users*

Changing the Default Language

The Welcome screen displays in a default language selected for your region.

To change the default language before beginning your workout:

1. On the Welcome screen, touch the language icon.

Figure 9: Language icon

2. On the Language screen, select your language choice and touch **OK**.

   The screens will now display in your preferred language.

Using the Touch Heart Rate Feature

Note: Touch heart rate performance may vary based on your physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors are clean to ensure proper contact can be maintained.

To use the touch heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars. To ensure an accurate heart rate readout, make sure you follow these tips:

- Both hands must grip the sensors for your heart rate to register.
- It takes a number of consecutive heartbeats (15-20 seconds) for your heart rate to register.

- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips tightly can affect the reading.
- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the handheld grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.
- If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

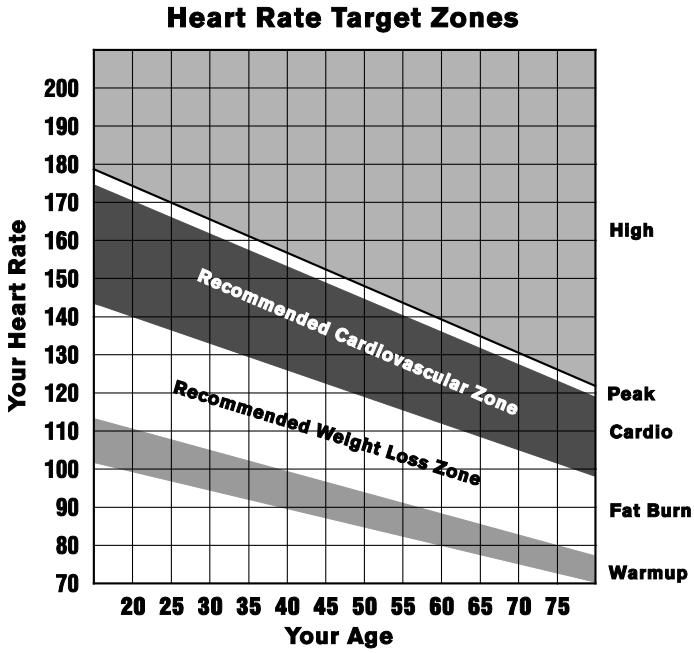

Figure 10: Heart rate target zones

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

Using a Chest Strap Transmitter

WARNING **Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your chest strap transmitter and implanted device before using a chest strap transmitter.**

Wearing a chest strap transmitter during your workout provides steady heart rate information. For the equipment to detect your heart rate, you must grip the touch heart rate sensors or wear a chest strap transmitter while exercising. In the presence of both touch and wireless data, the touch data takes precedence and will display.

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

To use a chest strap transmitter:

1. Carefully dampen the back of the strap with tap water.

   Important: *Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.*
2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
3. Make sure that the chest strap is right-side-up, lies horizontally across, and is centered in the middle of your chest.
4. Test the chest strap placement by checking the heart rate function on the equipment. If a heart rate is registering, your chest strap placement is correct. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.

Using Different Screen Views

Important: *Some Preva features are available only to Preva subscribers. Contact Precor to update your subscription.*

Use the Views button to change the type of information provided on the screen at anytime. Available screen views may include:

- **Workout Progress View** – Displays panels, icon bar, and the status bar. Use this view to focus fully on your workout.
- **Status View** – Displays only the status bar and icon bar, leaving the center of the console for media viewing.
- **Now Playing Media View** – Displays only media and the Views and Channel buttons. Use this view to focus on media.

  Note: The name of the Channels button changes depending on the media you are using. For example, if you are watching a workout guide, the name of the button will be Videos.
- **Preva Net View** – Displays RSS content and provides full Internet browser access.
- **Weekly Goal** – Requires a Preva account and sign-in password. Tracks your progress against a goal that you set.

Changing Screen Views

The Views icon appears at the bottom right of the workout screen when the Personal Progress panel is visible.

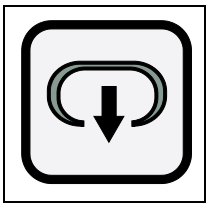

Figure 11: Views icon

To view this panel:

- Touch **Quick Start**.
- Touch **Workouts**, select a preset workout, then **GO**.
- Select the Featured Workout on the Welcome screen by touching **GO**.

To change views:

1. The default view is the Workout View. Slide the panels side to side on the screen to see the media panel.
2. Touch **Views** twice to see the Status view.
3. Touch **Views** a third time to make the Status Bar disappear leaving only the Media view.

Using the Workout Progress Panel

Use the Workout Progress panel to customize your workout. This is the first panel that displays once you select a workout or touch **GO**. If you are on the Media panel, there are two ways to return to the Workout Progress panel.

To return to the Workout Progress panel:

1. On the Media panel, touch the **Workout** icon, or slide the right edge of the next panel across the screen.
2. The **Workout Progress** panel describes the current workout selection. There are buttons to the right of the box.

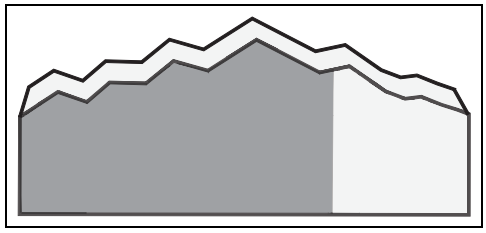

Figure 12: Workout Progress icon

Table 8. Workout Progress buttons

Button	Action
Workouts	Displays a list of goals and preset workouts available on that equipment.
Duration	Set the length of your workout.
Personal Info	Enter your age and weight.
Target	Choose Distance or Calories as a target for your workout session. Maximum distance: 50 miles. Maximum calories: 5000 calories.
Favorites	**Note:** This feature is only available to users who are signed into a Preva account Displays a list of the workouts you have saved as Favorites. Select one to replay.

Using the Media Panel

The Now Playing Media panel displays available media sources. Select a media source such as TV or iPod, and then use the audio browsing feature to listen to that media while you browse Preva Net.

To choose a media source:

1. On a Workout Progress panel, touch the **Media** icon, or slide the right edge of the next panel across the screen.

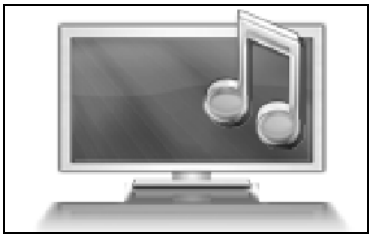

Figure 13: Media icon

2. The **Media** panel describes the current media selection. Navigate this panel using the buttons to the right of the box.

Table 9. Media buttons

Button	Action
Previous Channel	Returns you to the previous media source or TV channel.
TV Channels	Displays the channel list.
Workout Guides	Displays a list of tutorial videos.
iPod®	Changes the source to iPod and updates the Media panel.
Off	Turns off all media.

Connecting and Using Your iPod®

You can listen to your favorite music and control your iPod directly from the console.

To connect your iPod:

1. Insert the iPod into the connector at the top of the console and place your iPod securely in the pocket provided.

   The media panel displays the words **Now Playing iPod** along with the name of the song currently playing.
2. Plug your headphones into the console.

   Note: Be sure that the headphones are plugged into the console and not the iPod. If they are plugged into the iPod, you will not be able to adjust the volume using the console keys.
3. To pause, touch the pause button.

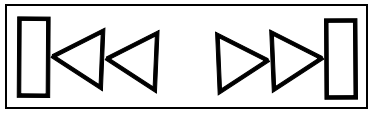

Figure 14: Track buttons

4. To hear a different song, touch the track buttons.

Using the Preva Net Panel

WARNING **For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a slow and relaxed leisurely pace. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.**

For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.

The Preva Net option provides Internet content and full Internet browser access. You can enable or disable this function in your facility system settings.

Important: *Some Preva features are available only to Preva subscribers. Contact Precor to update your subscription.*

To open Preva Net:

1. On the Welcome screen, touch **Workouts** or **QuickStart** to begin a workout.
   Once your workout begins, the Preva Net icon appears at the bottom of your screen.
2. Touch the **Preva Net** icon.

Figure 15: Preva Net icon

3. On the Preva Net panel, select an option.

Table 10. Preva Net panel

Button	Action
Featured	Displays feeds of specific interest during a workout.
Preva Feeds	Displays feeds selected by the management of your facility. **Note:** The facility administrator can rename the **Preva Feeds** button.
All	Displays a larger selection of feeds.
Web	Opens a browser window.
Off	Turns off the Preva Net feature.

Chapter 4

Beginning Your Workout

CAUTION: If you are using a treadmill, be sure to attach the security clip to your clothing before starting your workout.

The P80 console offers many different workout options. The following sections explain the type of workouts available and how to get started using them.

Starting a QuickStart™ Workout

The QuickStart workout begins your workout in the Manual mode. Default calculations, such as calories burned, are based on a 150 pound (68 kg), 35-year old individual. You can complete a workout using the default values, or you can personalize the settings.

To begin exercising immediately:

1. Touch **Quick Start**.

   The words **Enjoy Your Workout** (or **Starting Treadmill** when using the treadmill) appear on the screen and the Manual workout begins.

   Note: For treadmills, the equipment begins a three-second count down **3, 2, 1,** before the belt starts moving.

2. At any time during a workout, you can press **Pause** on the console to pause the workout. Then, you can choose to **Resume** or **Finish** your workout.

   If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

Starting a Featured Workout

The Featured Workout appears in a panel on the Welcome Screen. Use Featured Workouts to explore the fitness benefits of preset programs and to add variety to your workout.

To begin a Featured Workout, touch **Go** on the **Featured Workout** panel.

Starting a Preset Workout

Preset workouts are a great way to tailor your workouts to your fitness goals, stay challenged, and add variety to your sessions.

Preset workouts use age and weight to calculate calories and heart rate targets. You can enter this information at the start of the workout. If no information is entered, the workout uses the equipment default settings to calculate workout values.

To begin a preset workout:

1. On the Welcome screen, touch **Workouts**.

   A Workouts screen appears.
2. Each goal heading can be expanded to view the workouts available in that goal group. To view available workouts for a particular goal, touch a workout heading for that goal.
3. To start a specific workout, touch the workout name, then touch **GO**.

   The words **Enjoy Your Workout** appear on the screen and the Manual workout begins.

   Note: For treadmills, the equipment begins a three-second count down **3, 2, 1,** before the belt starts moving.

4. Anytime during a workout, you can touch **Pause**. When touched, the workout pauses and you can choose to **Resume** or **Finish** your workout. To continue your workout, touch **Resume**.

   If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

Table 11. Preset workout descriptions

Goal	Workout Details
Lose Weight	Burn calories and fat.
Be Fit	Condition your cardiovascular system.
Get Toned	Tone your gluteal region, thighs and calf muscles.
Push Performance	Choose a high-intensity interval program or work on distance training.
Test Your Fitness	Test your fitness level based on your age and weight.

Ending a Workout

Some preset workouts have a five minute cool down period added to the end of the workout. .

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. In addition, a five minute cool down period allows your heart rate to return to its normal, resting state.

To end your workout, touch **Pause**, and then **Finish**. A summary screen for your current workout appears. The measurements include:

- Distance
- Calories
- Duration
- Average movement rate/min (or the appropriate measure based on equipment type)
- Average Heart Rate

If you have created a personal account, you can save your workout so that you can use it again at another time. To create a personal account, contact the facility staff.

Personal Information and Progress Settings

Before you begin the fitness tests or the heart rate program, you are prompted to enter personal information in the Workout Progress panel. This information may include age, weight, or a length of time for that workout session. The equipment uses this information to compute your energy expenditure during that workout if you are tracking status such as calories or watts.

To enter your personal settings:

1. Begin exercising by touching **Quick Start** or selecting **Workout**.

   A Workout Progress panel appears on the screen.
2. In the panel, touch **Duration** to enter how much time you want to exercise.
3. In the panel, touch **Personal Info** to enter your age and weight.

Table 12. Examples of Personal Information settings

Setting	Setting Options	Default Value	Access	Detail
Age	• Over 85 • 75 - 84 • 65 - 74 • 55 - 64 • 45 - 54 • 36 - 44 • 35 • 25 - 34 • 18 - 24 • Under 18	35	**Admin/Tech:** None	Enter age as a value or a range.

Setting	Setting Options	Default Value	Access	Detail
Weight	• Over 310 • 290 - 309 • 270 - 289 • 250 - 269 • 230 - 249 • 210 - 229 • 190 - 209 • 171 - 189 • 170 • 150 - 169 • 130 - 149 • 110 - 129 • Under 110	170	**Admin/Tech:** None	Enter weight as a value or a range.

Adjusting the Workout Intensity

To adjust the equipment incline, speed, and/or resistance, use the motion controls located just below the console keys.

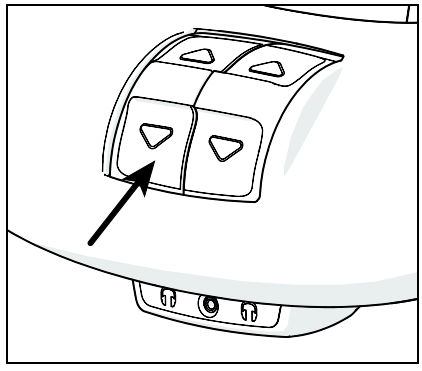

Figure 16: Motion controls

Adjust the motion controls, upward or downward, to change the incline, speed, or resistance.

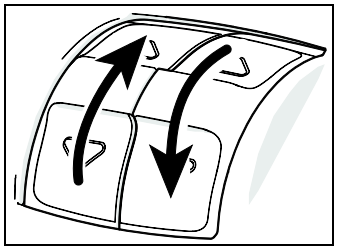

Figure 17: Adjust motion controls up or down

Many preset workouts will adjust these settings automatically to meet the workout intensity. At any time during a workout, you can adjust control settings and override the default workout settings.

Viewing Your Workout Status While Exercising

The Status Bar contains status measurements and is visible across the top of the viewing screen. Information displayed in the Status Bar helps you measure how your body is responding to the exercise session. The default status measurements displayed are:

- Total Distance
- Calories Burned
- Time Remaining
- Average Speed (displayed as strides per minute, pace, or RPM depending on equipment type)
- Heart Rate

You can modify how a measurement appears in the Status Bar. For example, you can view the length of your exercise session as time elapsed, or as time remaining.

There are two ways to modify the display:

- Change the default value setting.
- Change the view on the Status Bar.

To modify the status measurement using the Status Bar:

1. On the **Status Bar**, touch the corner arrow on the status category to pull down the menu.
2. On the drop-down menu, touch an alternate display measurement to display in the Status Bar.

   The alternate measure moves to the top of the Status Bar and replaces the default measurement. The menu closes.

3. Touch the arrow again to retract the menu.
4. Repeat with any status category to customize your workout status view.

   Note: Administrators and registered service technicians can override status settings.

Scoring Your Fitness Workout

This information helps you interpret your score for the **Test Your Fitness** workout.

The score for this test is determined by this formula: Rate of oxygen (O_2) consumption, in ml per minute, modified for the user's maximum heart rate (220 - age), divided by the user's weight in kilograms.

Table 13. Fitness score reference tables

Low Fitness Level

Age	Low Fitness Male	Low Fitness Female
28 - 39	< 35	< 28
40 - 49	< 35	< 26
50 - 59	< 29	< 24
60 and over	< 24	< 22

Medium Fitness Level

Age	Medium Fitness Male	Medium Fitness Female
28 - 39	35 - 42	28 - 33
40 - 49	32 - 39	26 - 31
50 - 59	29 - 36	24 - 29
60 and over	24 - 31	22 - 26

High Fitness Level

Age	High Fitness Male	High Fitness Female
28 - 39	> 42	> 33
40 - 49	> 39	> 31
50 - 59	> 36	> 28
60 and over	> 31	> 26

Introducing Preva® Accounts to Your Users

Important: *Some Preva features are available only to Preva subscribers. Contact Precor to update your subscription.*

Creating a Preva Account

Preva is a personalized fitness experience specifically designed and built to help your users achieve their goals. Users can create their own personal profile, set up weekly goals, track progress, and earn fun badges along the way.

They can also save their favorite workouts so that they can replay that same workout at another time.

To create an account, touch **Sign In**.

You will be prompted to add a few items of personal information, including age, and weight. Once you have entered this information, it is saved to your Preva account.

Next time you sign in on Preva-equipped fitness equipment, your Preva account information will load and you can begin your workout immediately. In addition, the *Sign In* key on the Welcome screen becomes a *Favorites* key. Use this function to save your favorite workouts so you can use them again at another time.

Note: Currently, once your account has been created, you cannot update account information other than weight.

Table 14. Account information

Information Type	Description
Email Address	Provide a working email address.
Password	Create a password that is a minimum of eight characters.
Age	Enter your age as your date of birth. Your age is used to calculate calories used during workouts. ***Important:*** *A user must be at least 13 years old to create a personal account.*
Weight	Your weight is used to calculate workout metrics. You can update this value as needed to reflect your current weight.
Display Name	The name displayed on the Welcome screen when you sign in. Limited to ten characters.

Creating a Goal

Important: *Some Preva features are available only to Preva subscribers. Contact Precor to update your subscription.*

Use the Weekly Goal panel to create a workout goal. When you set up your goal, you commit to:

- A target value (distance, duration, or calories) for each workout.
- A specific number of times you plan to work out each week.

Preva will track your progress based on the target you define and keep track of your lifetime totals.

Touch **Lifetime Totals** to view the badges you have earned.

To set up a weekly goal:

1. On the **Weekly Goal** panel, touch the **Weekly Goal** button.
2. On the **Weekly Goal** panel, touch the number of days you plan to work out each week.
3. On the **Choose a Target** panel, touch the target that best represents your fitness goal:
   - Distance - How many (miles or kilometers) per workout?
   - Duration - How much time will you spend working out each day?
   - Calories - How many calories will you burn per workout?
4. Enter the values required to meet your fitness goal, then touch **Next**.

Table 15. Target Values

Target	Minimum and Maximum Values	Default
Distance	Maximum - 50 miles / 80 km Minimum - 1 mile / 1 km	3 miles/5 kilometers
Duration	Maximum - 120 minutes Minimum - 10 minutes	30 minutes
Calories	Maximum - 1000 calories Minimum - 100 calories	350

5. Enter your **Weight**, then touch **Next**.
6. On the **Current Focus** panel, touch the button that best represents your fitness goal.

Table 16. Current Focus Values

Current Focus	Definition
Be Fit	Condition your cardiovascular system.
Lose Weight	Burn calories and fat.
Get Toned	Tone your gluteal region, thighs, and calf muscles.
Push Performance	Choose a high-intensity interval program or work on distance training.

The Weekly Goal Summary panel provides a summary of the information you selected to create your weekly fitness goal. You can update or change your weekly target values at any time.

Tracking Your Progress Toward Your Goal

Use the Weekly Goal panel to update your weekly goal, track your progress, and view your lifetime totals. The Goal Compass™ is a graphic summary of your weekly progress toward your goal.

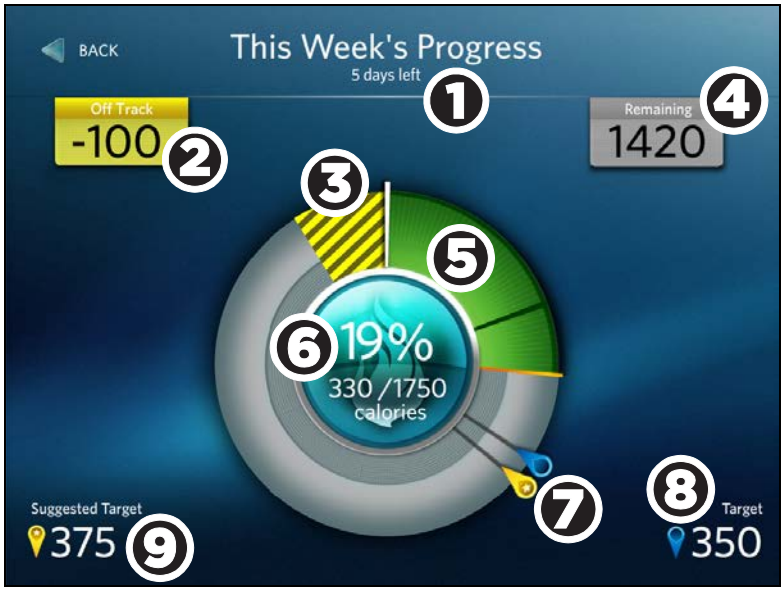

Figure 18: Weekly Goal progress

Table 17. Interpreting the Weekly Progress Panel

Number	Setting	Definition
❶	This Week's Progress	Days remaining to reach your goal. A workout week begins on Monday and ends on Sunday.
❷	On Track/Off Track Status	When you set up your goal, you commit to a target value for each workout and to work out a number of times each week. If you have exceeded your workout targets in any previous workout, this value shows you how much ahead of pace you are. If you did not reach the workout target value in any previous workouts this week, the Goal Status displays the total amount you must make up in the remaining workouts to achieve your weekly goal. As you work out and catch up, this value decreases.
❸	Off Track Deficit	Shows how much exercise you need to do to catch up to your weekly goal. If you have not hit your workout targets in any previous workouts this week, the Off Track Deficit provides a visual indication that you need to do more in each remaining workout to achieve your weekly goal. As you catch up, the size of this area decreases.
❹	Weekly Goal Remaining	Represents the total effort remaining to reach your goal. This value reflects what you committed to when you set up your weekly goal, minus what you have already done this week.
❺	Real-time Progress	Shows what you have achieved toward your goal, and updates in real-time during the workout.

❻	Weekly Goal Summary	Displays the portion of your weekly goal that you have already completed both as a fraction and as a percentage.
❼	Target Marker (blue) Suggested Target Marker (yellow)	The target marker shows how much exercise you committed to completing in each workout to reach your weekly goal. If you are off pace for the week, the Suggested Target Marker shows how much **additional** exercise you should complete in each remaining workout to reach your weekly goal.
❽	Workout Target	Displays how much exercise you should complete in each workout to reach your weekly goal. This number is the value you set when you created your weekly goal.
❾	Suggested Target	Displays how much exercise you should complete today to reach your weekly goal. This number is equal to the current Off Track Deficit divided by the number of remaining times you have committed to work out over the rest of the week, plus your normal daily target. When you set up your goal, you commit to a target value for each work out and to workout out a number of times each week. If you did not reach the workout target value in any previous workouts this week, the Suggested Target helps you understand exactly how much more you should exercise in the remaining workouts to achieve your weekly goal. **Note:** In this example, the user is off track by 100 calories and has 4 workouts remaining. 100 / 4 = 25. The 25 is added to the target (350) to get the suggested target (375).

Preva Tokens

Once you create a Preva account on a P80 console, you can use a Preva token to sign into that personal account. Contact Precor for more information on Preva tokens.

To sign into your personal account, hold your Preva token to the token icon in the upper right corner of the console.

Figure 19: Preva token icon

A Preva token can only be associated with one account at a time. If you lose a token, that token becomes obsolete once you associate a new token with your account.

Chapter 5

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals suggested. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment uses an optional power adapter, disconnect the adapter.**

Cleaning the Console and Display

The console and screen require little maintenance once installed. Precor recommends that you clean the console and screen before and after each exercise session.

To remove dust and dirt from the console:

- Wipe all exposed surfaces with a soft cloth that you have moistened with a solution of 30 parts of water to 1 part of Simple Green® (for more information, visit **www.simplegreen.com**).

To clean the screen:

- The manufacturer recommends diluting one part 91% isopropyl alcohol solution in one part water, or using the 91% isopropyl alcohol solution in its original strength. Be sure to follow the solvent manufacturer's precautions and directions when using any solvent.

CAUTION: Potentially hazardous situations associated with the use of isopropyl alcohol may result in minor or moderate injury and property damage. To avoid these situations, follow all instructions and recommendations in the manufacturer's Material Safety Data Sheet and product label.

Important: *Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids directly on the console or console's screen.*

- *It is important to avoid using any corrosive chemicals on the console or screen.*
- *Always dampen the cloth and then clean the screen. Be sure to spray the cleaning liquid onto the cloth, not the screen, so that drips do not seep into the console.*
- *Apply the cleaner with a soft, lint-free cloth. Avoid using gritty cloths.*

Changing the Belt (Newer Model AMT Only)

The AMT uses belts to provide motion. These belts eventually wear and must be replaced.

When the belt stride count reaches 90 million, the message **BELTS MUST BE CHANGED SOON** scrolls on the Welcome screen. While this message appears, the AMT operates normally.

Important: *If this message displays on your AMT, please contact Precor Customer Support for assistance.*

When the belt stride count reaches 100 million (and the belt has not been changed), the message **BELTS CHANGE REQUIRED** scrolls continuously on the Welcome screen. The input keys are not functional and the user cannot enter values or begin a workout until the belts are changed. Please contact Precor Customer Support to schedule a belt change.

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P80 OM 301407-710 rev K, en
March 2013

Assembling and Maintaining Elliptical Fitness Crosstrainers™

EFX® 885 • EFX® 835 • EFX® 815

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Assembling and Maintaining Elliptical Fitness Crosstrainers™

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Edition Information

ASSEMBLING AND MAINTAINING ELLIPTICAL FITNESS CROSSTRAINERS: EFX 885 / 835 / 815

P/N 300711-401 rev H

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Important Safety Instructions

Important: *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

Note: This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

WARNING **To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.**

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

  French equivalent of the above notice, for Canadian markets: *Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.

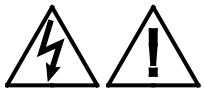
- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- **SPACING—**The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:
  - **Treadmills—**a minimum of 0.5 m (19.7 in.) on each side of the treadmill and 2 m (78 in.) behind the machine.
  - **Cardio equipment other than treadmills—**a minimum of 0.5 m (19.7 in.) on at least one side, and .5 m (19.7 in.) behind or in front the machine.

  Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (*see Section 305*). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

  Important: *These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.*
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.

- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.
- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.



CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.

Educating Users

Take time to educate users about the Important Safety Instructions found in both the *User Reference Manual* and *Product Owner's Manual*. Explain to your club or facility patrons that they should observe the following precautions:

- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- Face the console at all times.
- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

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European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

Electrical Recommendations: All Equipment Excluding Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit, then the number of screens must be reduced by the wattage of the other devices.

Note: The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.

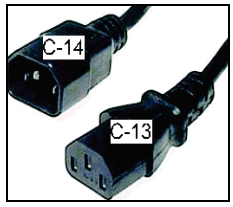

Figure 1: IEC-320 C13 and C14 plugs

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at *http://www.precor.com.*

Obtaining Updated Documentation

Current Precor product documentation is available at **http://www.precor.com/productmanuals**. You may want to check in for updated information from time to time.

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Chapter 1

Assembling the EFX

WARNING **You will need the assistance of two other people to assemble this unit. *DO NOT attempt assembly by yourself*.**

Important: *The instructions in the following procedures are described from the perspective of a person standing* ***directly in front of the equipment*** *(that is, on the opposite side of the control console from a person using the equipment). These descriptions may not match the names of certain parts in the parts list, because such parts are named relative to the back of the equipment.*

To prepare the EFX for assembly:

- Open the box and assemble the components in the sequence presented in this guide.
- Assemble and operate your equipment on a hard, level surface in the area intended for use.
- Use a hand truck or furniture dolly to move the EFX unit.

  Important: *Do not grasp the unit by any of its plastic parts to move it. The plastic parts are non-structural covers and are not capable of supporting the weight of the unit.*
- Provide ample space around the unit.
- Assemble the equipment according to the guidelines in this manual to ensure that you do not void the Precor Limited Warranty.

  Important: *Any damage caused during installation is not covered by the Precor Limited Warranty.*

- Begin installation of all fasteners by hand, then partially tighten them. Do not fully tighten fasteners until instructed to do so.

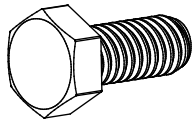
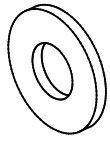
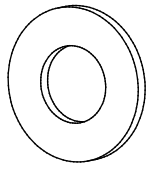
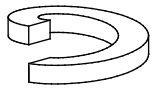
  Important: *When wrench-tightening the screws, make sure the head of the fastener is parallel to the product surface. If it is not, stop tightening to avoid cross-threading. To avoid further damage, stop assembly work and contact Customer Support.*

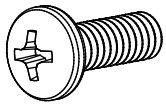
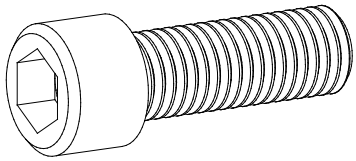
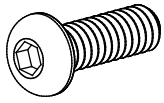
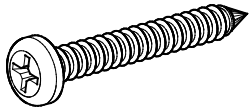
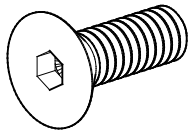
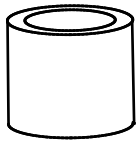
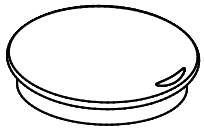
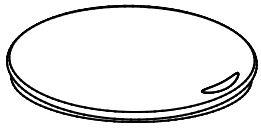
Installation Requirements

Prior to assembly, make sure you have the required tools and hardware.

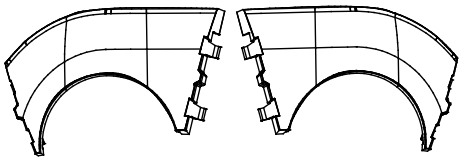
Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

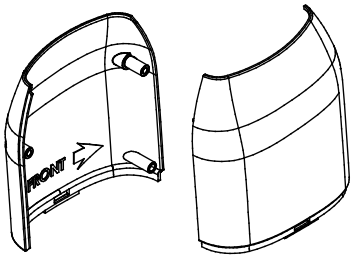
Fasteners		Quantity
	Hex head screws (1¼-inch)	2
	Flat washers (5⁄16-inch)	20
	Flat washers (⅜-inch)	4
	Split washers (5⁄16-inch)	20

Fasteners		Quantity
	Phillips-head cap screws (¾-inch)	3
	Socket head cap screws (5⁄16-inch x 1¼-inch)	6
	Buttonhead screws (5⁄16-inch x 1-inch)	14
	Self-tapping screws (1½-inch)	4
	Flat head hex drive screws (¼-inch x ⅝-inch)	4
	Bushings	2
	Link arm caps	2
	Pivot arm caps	2

Pivot axle caps



Upright support covers (right-hand and left-hand sets, packaged separately)



Required Tools

- #2 Phillips screwdriver
- Rubber mallet
- SAE standard hex wrench set
- SAE standard socket set
- Two 9⁄16-inch wrenches (open-end and box-end)
- Wire cutter

Performing the Assembly

DANGER **Do not attempt to connect electrical power until all assembly procedures are complete and the console is properly installed.**

As you assemble the EFX, make sure to construct the cable assembly as directed so that the necessary connections are accessible when you add the console.

To begin assembly:

1. Remove the lift cover and set it aside.

   Important: *Grease on the lift screw can stain clothing. Be careful not to get grease on your clothing as you remove the lift cover. Do not remove the grease from the lift screw, because it is required for proper operation.*

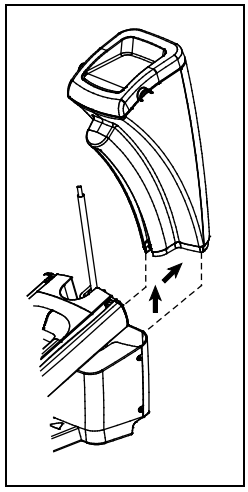


Figure 2: Lift cover removal

2. Thread the cable through the left upright support. Tape it to the top of the upright support to secure it temporarily.

   Important: *Do not stretch, crimp, or damage the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*

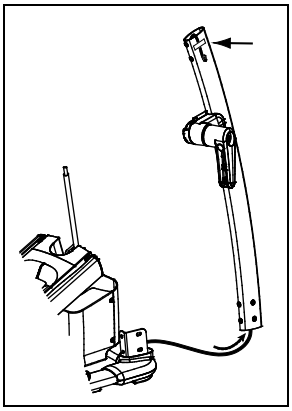


Figure 3: Thread cable through upright support

3. Attach the left upright support to the base frame using four buttonhead screws, four split washers, and four 5⁄16-inch washers. Partially tighten the fasteners.

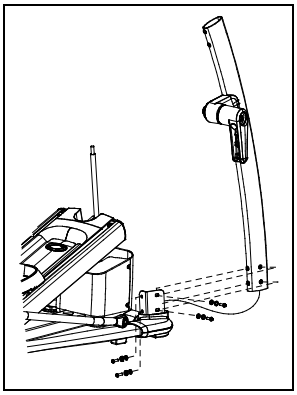


Figure 4: Attach the upright support to the base frame

4. Repeat steps 2 through 4 to attach the right upright support.
5. Using a right-angle 3⁄16" hex wrench, remove the four 1⁄4" x 3⁄4" buttonhead screws securing the central plastic base cover.

6. Remove the tape at the top of the left upright support.
7. Feed one of the cables you want to install down through the upright support, then along the inside of the foot support and back through the central frame member. The following illustration shows the general path of the cable.

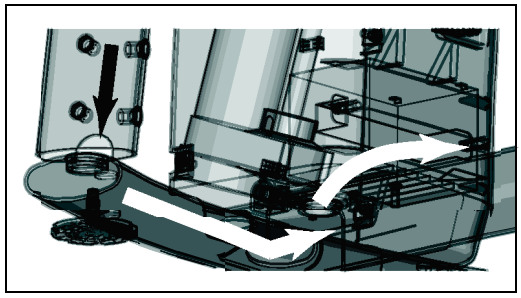


Figure 5: EFX cable path

8. Pull the end of the cable upward through the opening just behind the lift motor, as shown in the previous illustration.
9. Locate the tabbed end of the modular plug coupler. Snap this end of the coupler into the square opening in the jack panel.
10. Slide the quick-disconnect terminal on the grounding lead of the power cable over the grounding terminal on the equipment frame.

11. Attach the cable to the appropriate connector inside the base of the EFX, as shown in the following illustration and table.

    Important: *Install coaxial cable using a torque wrench and torque to not exceed 8 lb-in. If a torque wrench is not available, install the coaxial cable using a wrench to "snug + ¼ turn." It is permissible to use a wrench on the internal nut to aid the tightening process.*

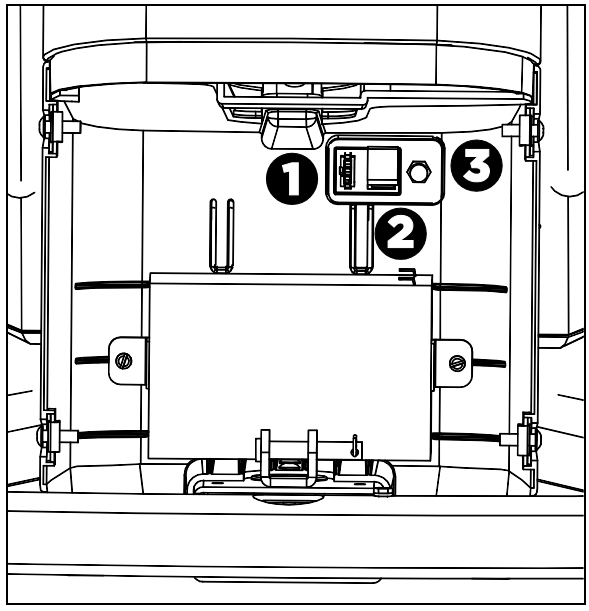


Figure 6: Cable connection points inside EFX base

Connect ...	*To ...*
The console power cable (red and black, individual leads)	The power connector on the jack panel 1
The television cable (black and round)	The coaxial connector on the jack panel 2
The Ethernet cable (black and flat)	The eight-connector modular jack on the jack panel 3

12. Repeat steps 7 through 9 for the remaining cables you want to install.

13. Replace the central plastic base cover, then attach the four buttonhead screws you removed along with the cover. Tighten the screws completely.
14. Replace the lift cover that was removed in the first step.

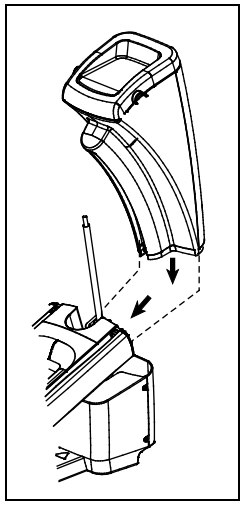


Figure 7: Lift cover replacement

To mount the center column support on the frame:

Note: Check that the base fasteners are loose before installing the fasteners for the central column support.

1. Have your assistant support the center column support while you align the inside mounting brackets with the upright supports.
2. Fasten the center column support to each upright support by threading a buttonhead screw, a 5/16-inch washer, and a split washer through opposite mounting holes.

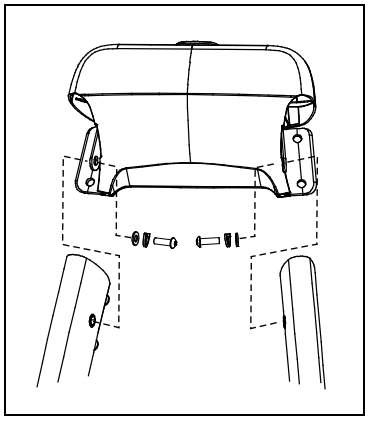


Figure 8: Rear view of console attachment

Important: *When wrench-tightening the screws, make sure the head of the fastener is parallel to the product surface. If it is not, stop tightening to avoid cross-threading. To avoid further damage, stop assembly work and contact Customer Support.*

3. Check alignments and thread the remaining four center column support screws, four 5⁄16-inch washers, and four split washers. Tighten with a 3⁄16-inch hex key so the assemblies come together, but leave room for adjustments.

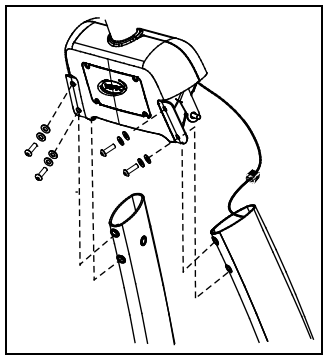


Figure 9: Center column support attachment

To tighten the fasteners properly:

CAUTION: Upright support fasteners must be properly aligned and wrench-tightened in the order described below. If improperly assembled, the upright supports can rub against the ramp. Before you begin, verify that the base and lift covers are properly aligned and that the gap between them is even. If not, move the upright supports until the covers are properly aligned.

1. Fully tighten the two sets of fasteners on the back of the center column support.

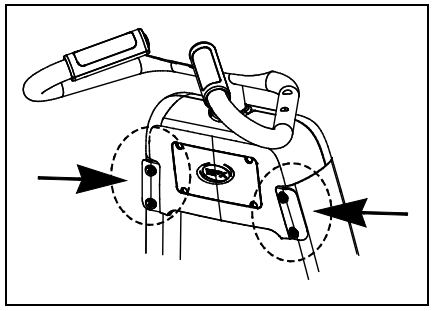


Figure 10: Tighten fasteners on back of the center column support

2. Fully tighten the fasteners on the back of each upright support.

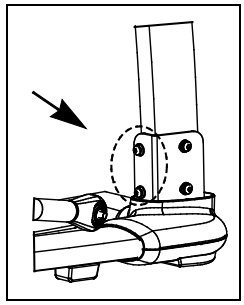


Figure 11: Tighten the back fasteners on the upright supports

3. Fully tighten the fasteners on the lower sides of each upright support.

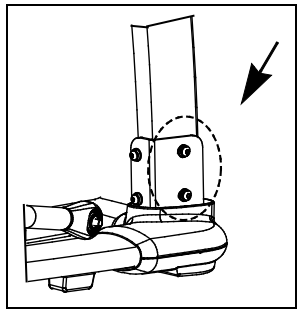


Figure 12: Tighten the front fasteners on the upright supports

4. Fully tighten the fasteners on the upper front of the center column support.

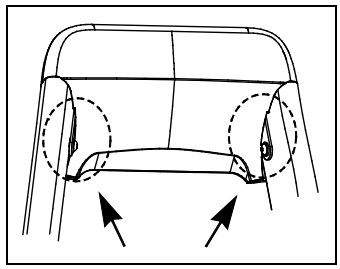


Figure 13: Tighten the front fasteners on the center column support

To attach the water bottle holder:

1. Position the water bottle holder as shown in the graphic and attach it to the right stationary handlebar.

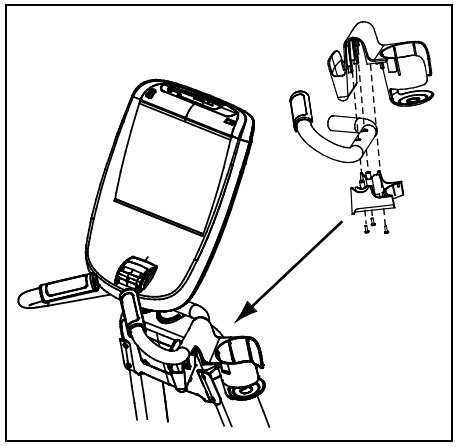


Figure 14: Water bottle attachment

2. Secure the water bottle holder to the handlebar using three Phillips-head screws.

To attach the upper body handlebars:

CAUTION: Handlebars can swing and cause injury. To prevent injury, lower the handlebars toward the floor once handlebar assembly is complete.

1. For proper alignment, rotate the pivot arm to a horizontal position. Apply pressure to fit the protruding wedge on the handlebar into the handlebar bracket.

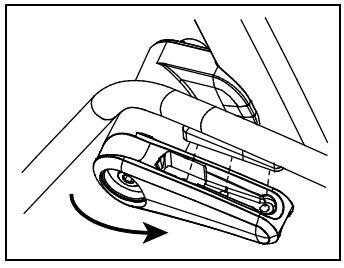


Figure 15: Handlebar and bracket attachment

2. To attach the upper body handlebars, place one split washer and one 5⁄16-inch washer on each of six socket-head cap screws, then insert three of the screws through each handlebar bracket. Fully tighten the fasteners using a ¼-inch hex key.

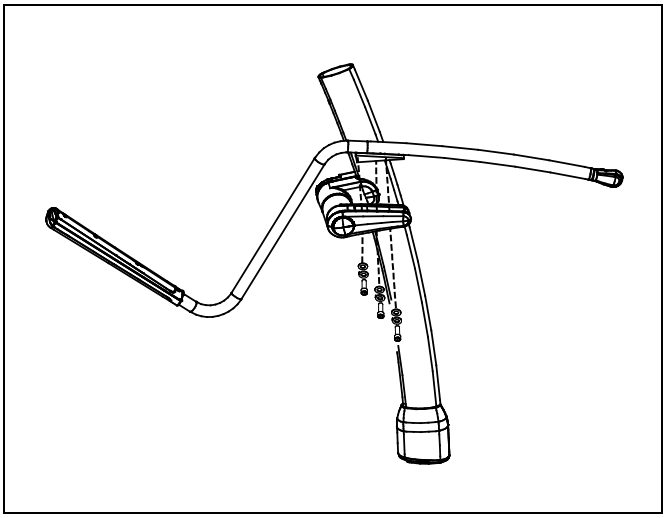


Figure 16: Upper body handlebar attachment detail

Important: *In the following step, install the fasteners in the order presented. The bushing slides inside the link arm. The heads of the screws remain on the ramp side of the link arm.*

3. Attach the handlebars to the link arms using two hex head screws, two bushings, and four ⅜-inch washers.

   Note: For ease of installation, slide the corresponding foot pedal to the top of the ramp before attaching each handlebar.

4. Fully tighten the fasteners using a 9/16-inch box-end wrench.

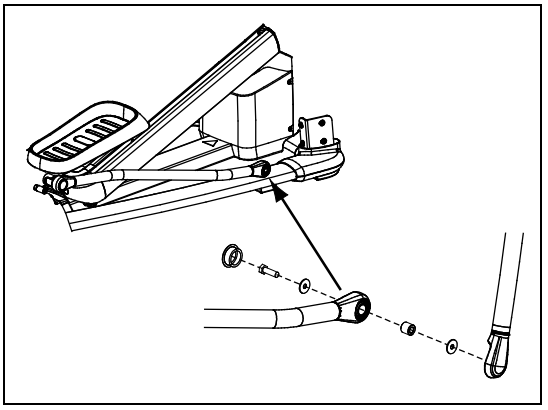


Figure 17: Link arm attachment

5. Align the cut-out inside the link arm cap with the link arm mounting hole. Apply pressure to the cap until it snaps into place.

To attach the upright support covers and pivot arm caps:

1. Place one inner and one outer upright support cover around one of the upright supports, aligning them so that the arrows on their inside surfaces point toward the front of the unit.
2. Line up the protrusions on the outer cover with the screw holes on the inner cover.
3. Apply pressure to both covers so that the protrusions fit firmly into the screw holes.
4. Secure the upright support covers using two self-tapping screws.

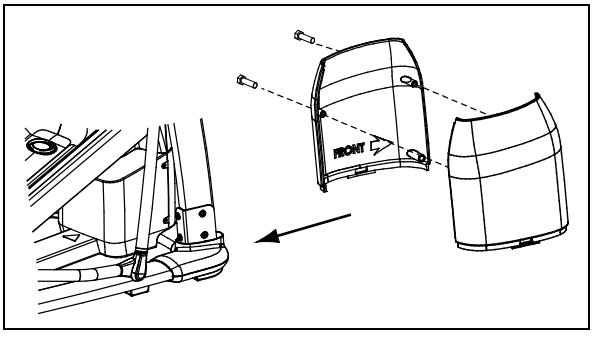


Figure 18: Upright support cover attachment (right-hand cover shown)

5. Slide the covers down and snap them into the base mount.

   Note: Be sure to align the covers so that the lip of each cover fits inside the edge of the base mount and the hook on the base mount fits into the corresponding slot on the cover. When you have snapped the covers into place, the surfaces of the covers and the base mount should line up smoothly.
6. Repeat steps 1 through 5 to attach the opposite pair of upright support covers.
7. Attach the pivot arm caps and seat them with a rubber mallet.

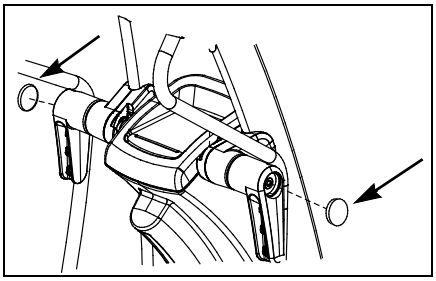


Figure 19: Pivot arm cap attachment

8. Insert the two pivot axle caps and press them firmly into place.

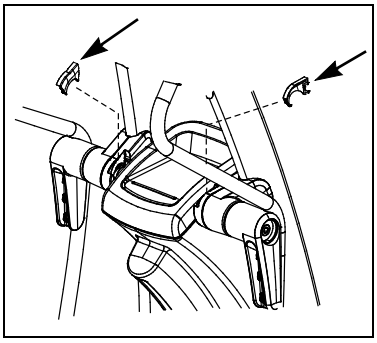


Figure 20: Axle cap attachment

Leveling the EFX

Make sure the unit is level before allowing anyone to use it.

CAUTION: To eliminate movement, make sure the adjustable feet are in contact with the floor.

To level the unit:

1. Gently rock the unit. If there is any movement, ask your assistant to tip the unit to one side while you locate the adjustable feet.
2. Correct the height of each adjustable foot as follows.

If you want to ...	*Then turn the adjustable feet ...*
Raise the unit	Counterclockwise
Lower the unit	Clockwise

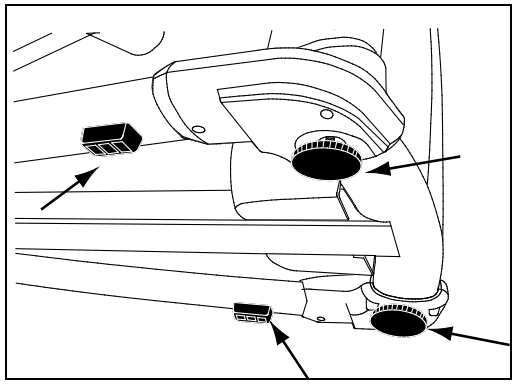


Figure 21: Rubber pad and adjustable foot locations

Important: *Place the unit on a flat surface. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.*

When you are finished adjusting the unit, place the unit on the floor and recheck that it is level.

Breaking in the Equipment

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to *Obtaining Service*.

Chapter 2

Installing the Console

To make installation easier, all Precor Experience Series consoles use the same mounting hardware and connector locations whenever possible. The installation sequence for any of them is as follows:

- Threading the cable assembly
- Connecting cables
- Completing the installation (tightening the mounting screws and attaching the back cover)

The following sections describe how to perform these tasks.

Threading the Cable Assembly (P80)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the cable assembly passes correctly through the openings in both components.

Important: *Before you begin the following procedure, remove the rear cover from the control console. To remove the cover, use your fingernails to pry the lower edge loose, then swing the cover up and out as shown in the following illustration.*

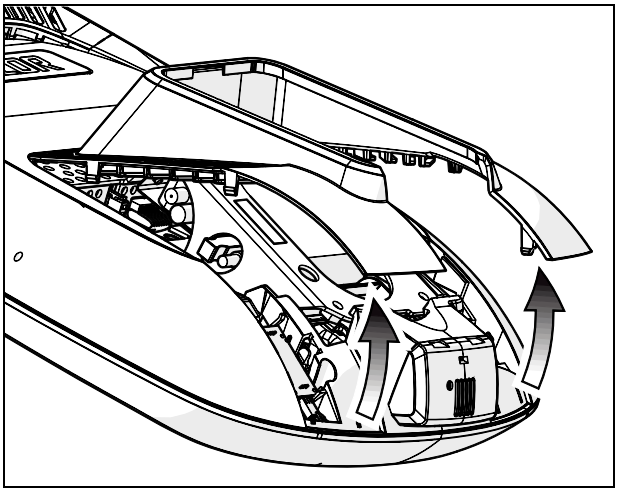


Figure 22: Removing the access cover from the P80 console

To thread the cable assembly:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Position the console over the console mount.

3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.

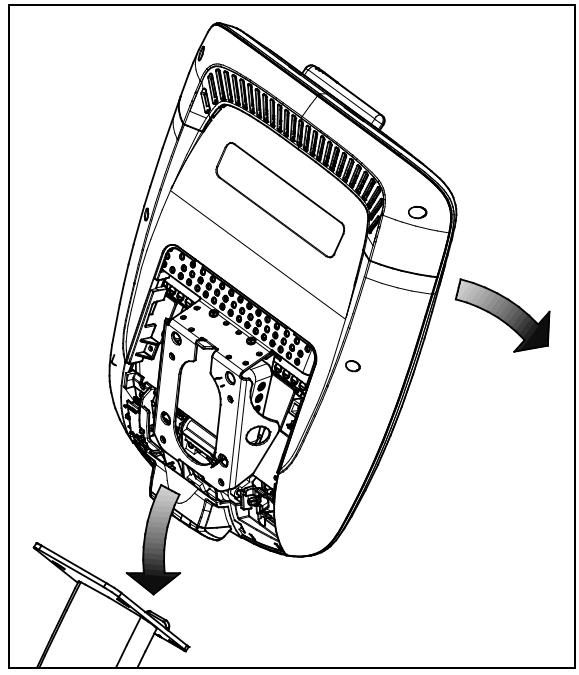


Figure 23: Console positioning on base unit

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.

Connecting Cables (P80)

After the console has been seated, separate the individual cables out of the end of the cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

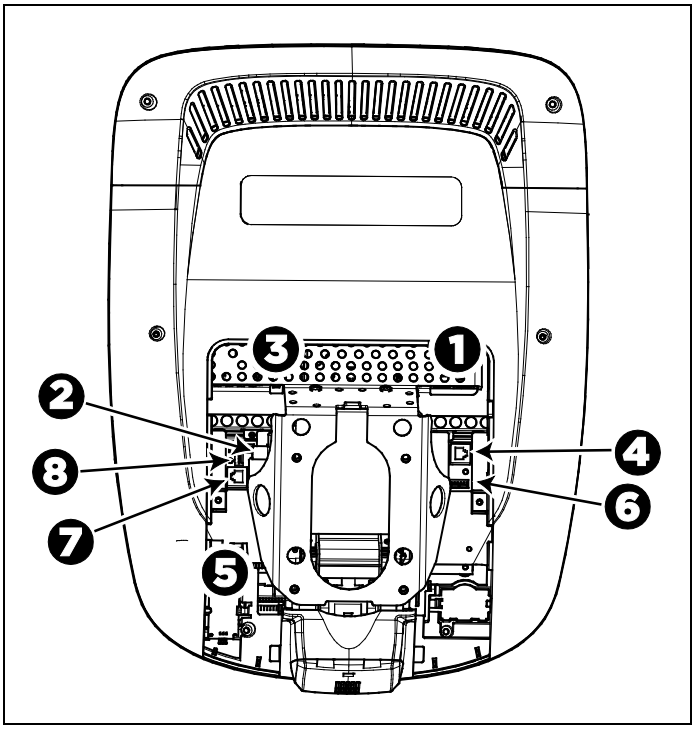


Figure 24: Cable connections, P80 console

Table 1. P80 internal cable connections

Cable	Connector Type	Circuit Connector Location
Ethernet (LAN)	Eight-contact modular, on round black cable	❶
TV in	F-type coaxial	❷
Power	Two-contact plug, polarized and latched	❸
Data from base unit	Eight-contact modular, on flat gray cable	❹
Heart rate sensors	Four-contact strip, keyed	❺
Safety key (treadmills only)	Six-contact strip, keyed	❻
CSAFE	Eight-contact modular, on flat gray cable	❼
Automatic stop sensor (treadmills only)	Vertical four-contact strip, keyed	❽

To simplify installation and maintenance, route and connect cables 1 through 5 according to the following instructions.

Note: In the illustrations in this section, some cables are omitted for the sake of clarity.

Connecting the Television Cable

The console's television tuner is mounted inside the console's back plate. The tuner includes a short cable adapter that allows the television cable to be connected outside the back plate.

To connect the television cable:

1. Pull the cable out through the lower right corner of the back plate.
2. Route the cable counterclockwise around the outside of the back plate.

   Important: *In the following step, install the cable using a torque wrench and torque not to exceed 8 lb-in. If a torque wrench is not available, install the coaxial cable using a plain wrench and tighten to "snug + ¼ turn." You may also use a wrench on the internal nut to help tighten the connection.*

3. Attach the connector on the cable to the connector on the tuner cable and tighten the two connectors securely using two 7/16-inch open-end wrenches. Position both connectors above the upper right corner of the back plate.
4. Use a plastic tie to secure the connectors to the top of the back plate. Pass the tie through the two small holes near the upper right corner of the back plate, then wrap it around the connectors and tighten it securely. Cut off and remove the protruding end of the tie.

The following illustration shows how the cable is positioned once it is installed.

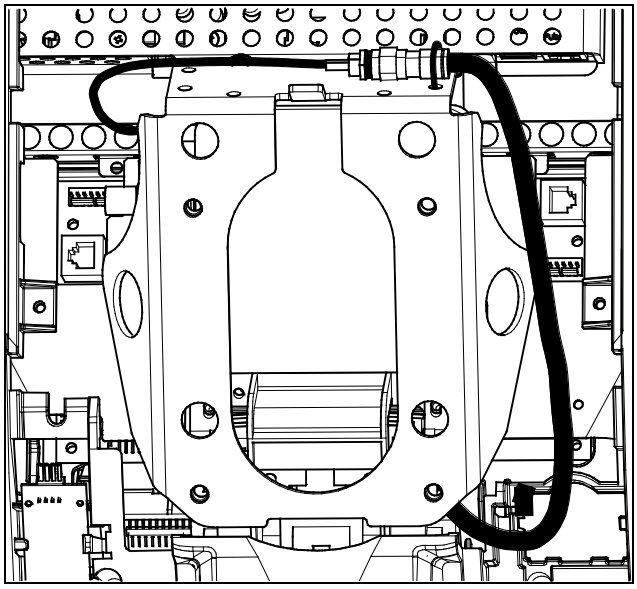


Figure 25: Connecting the television cable

Connecting the Ethernet and Base Unit Data Cables

Both the Ethernet and base unit data cables pass through the cutaway opening at the upper right corner of the back plate and connect to nearby modular jacks in the console. Because of this, it is important to exercise caution when connecting the cables. The black Ethernet cable connects to a jack just underneath the perforated metal bracket at the very top of the opening in the console. The gray base unit data cable connects to a lower jack closer to the back plate.

Refer to the following illustration for the correct position of both cables.

CAUTION: If you connect the base unit data cable to the wrong jack, the equipment will not function.

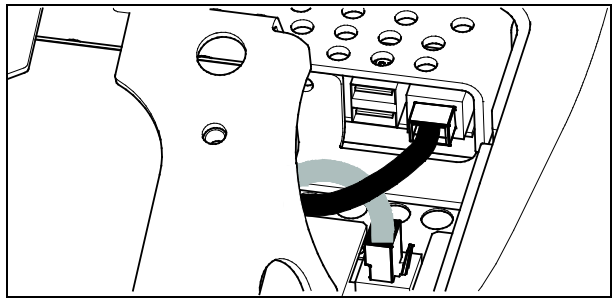


Figure 26: Connecting the Ethernet and base unit data cables

Connecting the Heart Rate Sensor Cable

The heart rate sensor cable passes through the cutaway opening at the upper left corner of the back plate, then down to the small circuit board at the lower left of the console. The following illustration shows how the cable should look once it is installed.

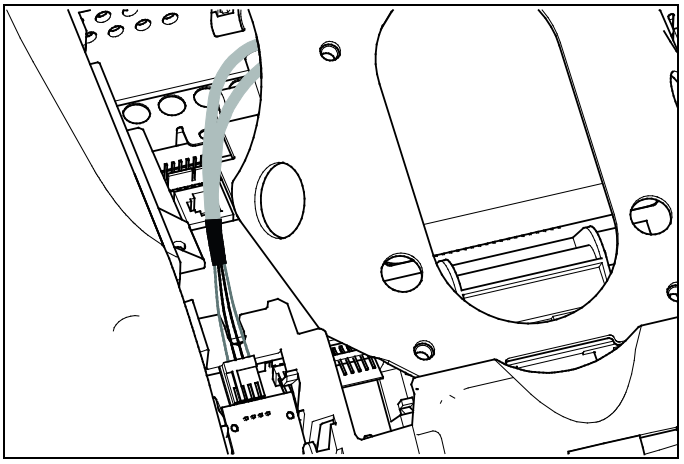


Figure 27: Connecting the heart rate cable

Connecting the Power Cable

Route the power cable through the cutaway opening at the upper left corner of the back plate. In the nearby opening within the steel console framework, locate the socket that matches the power cable plug and connect the power cable to it.

Note: Be sure that the latch on the plug clicks into place on the socket.

The following illustration shows how the cable should look once it is installed.

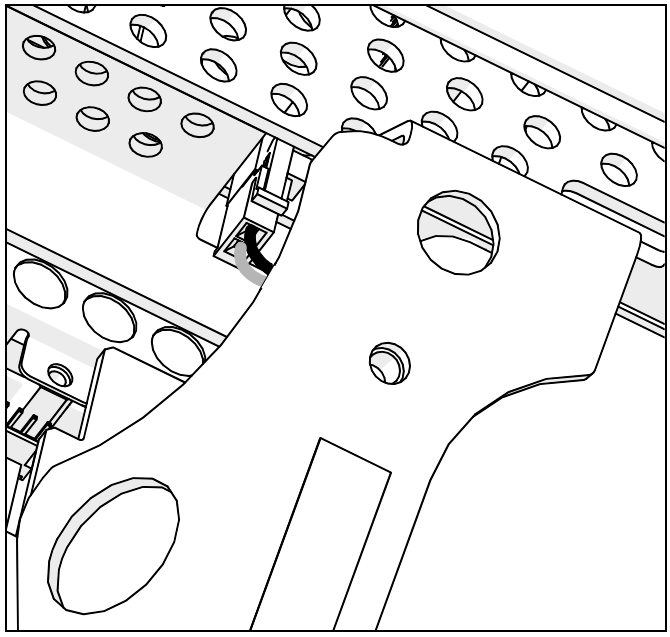


Figure 28: Connecting the power cable

Completing the Console Installation (P80)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Feed extra cable back into the neck tube.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert the four 5⁄8-inch flat head screws through the holes in the console mount and thread them into the holes in the back plate on the console. Partially tighten the screws using a 5⁄32-inch hex wrench.
4. Line up the two small tabs at the top of the console's back cover with the slots at the top of the opening in the console case. Insert the tabs into the slots.
5. Insert the remaining tabs on the back cover with the corresponding slots on the console case.
6. Press gently on the edges of the back cover to snap it into place.

Threading the Cable Assembly (P30 and P10)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the cable assembly passes correctly through the openings in both components.

Important: *Before you begin the following procedure, remove the rear cover from the control console. Set the cover and its mounting hardware aside for later use.*

To thread the cable assembly:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Position the console over the console mount.

3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.

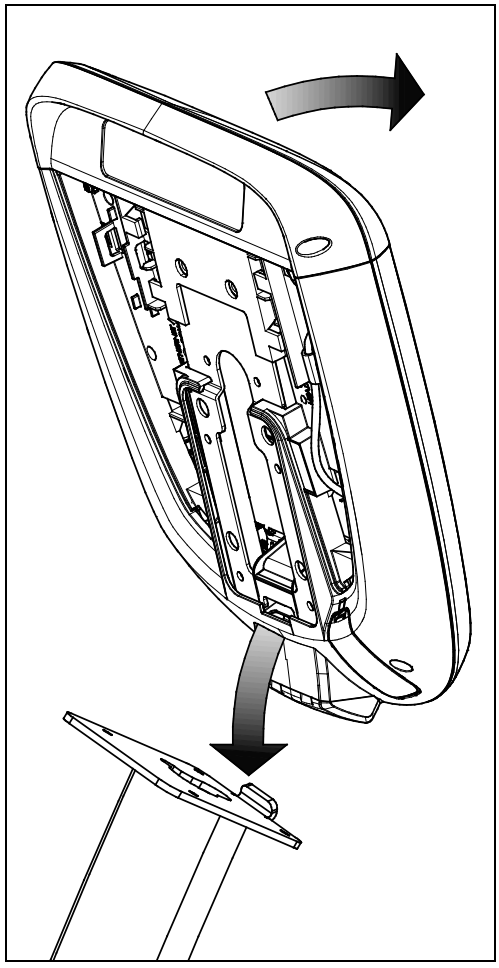


Figure 29: Console positioning on base unit

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.

5. Pull all cables upward and forward until you can drape them over the top of the console's back plate.

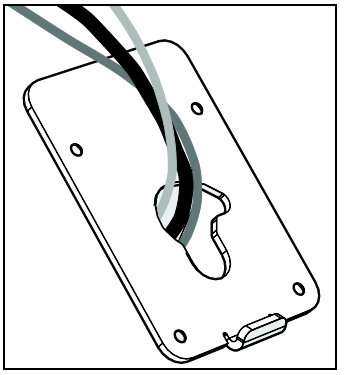


Figure 30: Cable positioning

Connecting Cables (P30 and P10)

Important: *Pass all cables through the semicircular opening just above the console mount, as shown in the following figure.* ***Do not*** *attempt to route any cables through other openings or through the steel channel above the mount.*

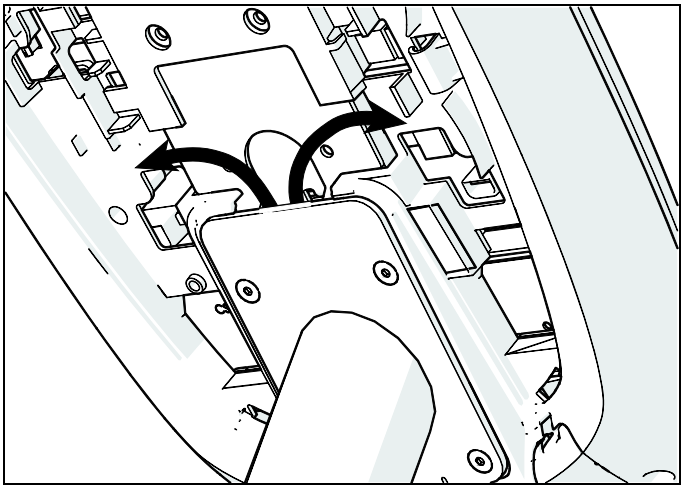


Figure 31: Cable routing from the mount into the console

After the console has been seated, separate the individual cables out of the end of the cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

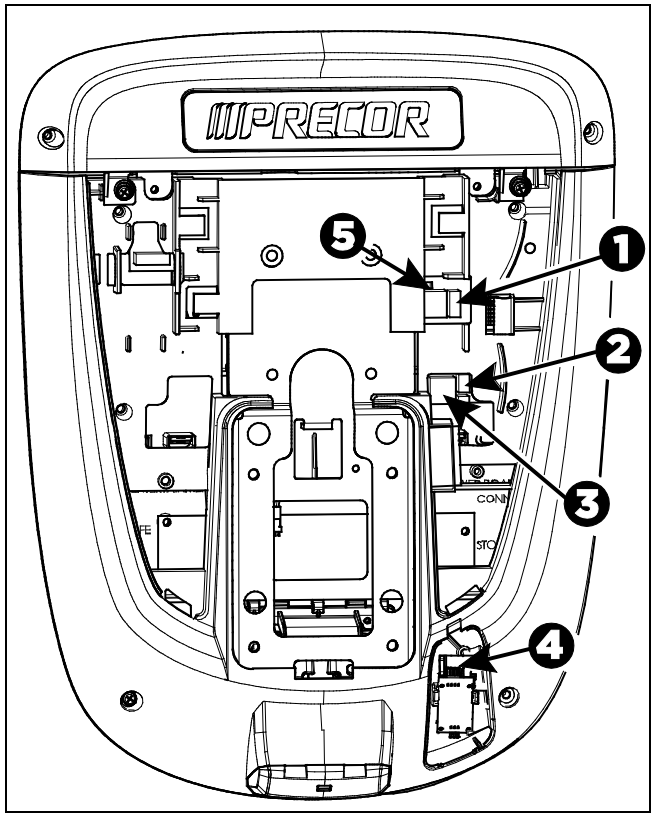


Figure 32: Cable connections, P30 and P10 consoles

Table 2. P30 and P10 internal cable connections

Cable	Connector Type	Circuit Connector Location
Safety key (treadmills only)	Six-contact strip, keyed	❶
Automatic stop sensor (treadmills only)	Four-contact strip, keyed	❷
Data from base unit	Eight-contact modular, on flat gray cable	❸
Heart rate sensors	Four-contact strip, keyed	❹
CSAFE	Eight-contact modular, on flat gray cable	❺

Completing the Console Installation (P30 and P10)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Feed extra cable back into the neck tube.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert the four ⅝-inch flat head screws through the holes in the console mount and thread them into the holes in the back plate on the console. Partially tighten the screws using a ⅝₂-inch hex wrench.
4. Line up the two small tabs at the bottom of the console's back cover with the slots at the bottom of the console case. Insert the tabs into the slots.
5. Insert the two #8–32 x ½-inch Phillips-head screws that you removed earlier into the holes at the top edge of the console's back cover. Tighten the screws fully.

   Important*: Use caution not to pinch the cables between the back cover and PVS mounting screw heads.*
6. Fully tighten the four mounting screws (partially tightened in step 3) using a ⅝₂-inch hex wrench.

Verifying That the Heart Rate Display Is Operational

To verify that the heart rate display is operational:

1. Begin exercising on the equipment.
2. Grasp both touch-sensitive handlebars.

   Note: The heart rate is read within ten seconds. During that time, the heart on the display flashes. You must maintain contact with both metal plates on each handlebar to ensure an accurate reading.
3. Look at the HEART RATE display. After a few seconds, a number appears indicating your heart rate.
4. If a number does not appear in the HEART RATE display, perform the following checks:
   - Verify that the cable connection is properly connected.
   - Repeat the test with a different person. Although the heart rate display is generally highly accurate, it may not work properly for a few individuals.

   Note: If you use wireless heart rate monitoring, repeat this test using a chest strap or a wireless pulse simulator instead of grasping the touch-sensitive handlebars.

Chapter 3

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals shown on the maintenance checklist. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment is self-powered but also uses the optional power adapter, disconnect the adapter.**

Daily Cleaning

Precor recommends that you clean the equipment before and after each exercise session. To remove dust and dirt from the equipment, wipe all exposed surfaces with a soft cloth that you have moistened with one of the following cleaners:

- A solution of 30 parts of water to 1 part of Simple Green® (for more information, visit **www.simplegreen.com**)
- ENVIR-O-SAFE oxygen enhanced cleaner or multi-task cleaner concentrate, diluted according to the manufacturer's instructions (for more information, visit **www.daleyinternational.com**)

Alternatively, you can clean the equipment with Athletix fitness equipment cleaning wipes (for more information, visit **www.athletixproducts.com**)

CAUTION: Read and follow the manufacturer's instructions, particularly dilution instructions, before using any cleaner on Precor fitness equipment. Do not use concentrated cleaners at full strength, or acidic cleaners of any kind; such cleaners weaken the protective finish on the equipment and void the Precor Limited Warranty. Never pour water or spray liquids onto any part of the equipment. Allow the equipment to dry completely before using.

Vacuum the floor underneath the equipment frequently to prevent the accumulation of dust and dirt that can interfere with its operation. Use a soft nylon scrub brush to clean the grooves on equipment with foot pedals.

Daily Inspection

At least once every day, examine the equipment for the following problems:

- Slipping belts
- Loose fasteners
- Unusual noises
- Worn or frayed power cords
- Any other indication that the equipment may be in need of service

Important: *If you determine that the equipment needs service, disconnect all power connections (television, Ethernet, and power) and move the equipment away from the exercise area. Place an OUT OF SERVICE sign on the equipment and make it clear to all patrons and other users that they must not use it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Weekly Maintenance

Perform the following maintenance tasks every week:

1. Disconnect the external power supply.
2. Clean the ramps and wheels with water or an approved cleaner.
3. Inspect the power cord to verify that it is not pinched under the equipment or between any two moving parts.
4. Clean the floor under the equipment using a vacuum cleaner or a damp mop.
5. When the floor is completely dry, reconnect the power.
6. Test all console functions, including heart rate monitoring features.
7. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the EFX*.

Monthly Maintenance

DANGER **USE EXTREME CAUTION when the rear cover of any EFX is removed. Serious injury could result if fingers are pinched between the flywheel spokes, cranks, movable arms, and the drive weldment. Securing the movable arm to the crank with a clamp is recommended. Be aware of other people within your work area who might cause the arm to move.**

Perform the following maintenance tasks every month:

1. Clean the frame, cover and arms with water or an approved cleaner.
2. Wipe the exterior of the console with a damp sponge or soft cloth, and dry with a clean towel. Keep water away from electronic components to prevent electrical shock or damage.
3. Clean the touchscreen using a soft, lint-free cloth dampened with a 91% isopropyl alcohol solution (either as sold or diluted with an equal amount of water).
4. Remove the rear cover. Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board (unless your vacuum cleaner is protected against static buildup).

5. Check the belt tension of the step-up and drive belts.
6. Clean and lubricate the lift motor screw with an approved grease such as SuperLube® with Teflon® or Mobil 1® synthetic grease (adjustable-ramp models only).
7. Check all fasteners for proper tightness and torque.
8. Replace all covers.
9. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the EFX*.

Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Moving the Equipment

The equipment is very heavy. If you plan to move it to a new location, obtain the help of an adult assistant and use proper lifting techniques. If the equipment includes roller wheels on one end, use the wheels to reduce the load on yourself and your assistant.

We recommend a four-wheeled dolly to move Elliptical Fitness Crosstrainers.

Long-Term Storage

If you do not expect anyone to use the equipment for a long time, perform the following tasks to prepare it for storage:

- If it has a power cord, disconnect the cord.
- If it has an optional power adapter, connect the adapter to prevent damage to the internal battery.
- Position it so that it will not become damaged and will not interfere with people or other equipment.

Chapter 4

Self-Powered Features

Important: *This chapter of the manual describes Precor fitness equipment that can operate without being connected to AC power. This includes units equipped with P30 or P10 consoles. However, P80 consoles must be connected to AC power through their power supplies to operate. For this reason, this chapter does not apply to units equipped with P80 consoles.*

On self-powered equipment, the system initializes and displays the Welcome screen when a user starts exercising. A minimum rate of motion must be maintained for the banner to appear, as shown in the following table. When a person meets the requirements, the power that is generated allows the equipment to function properly.

Table 3. Minimum requirements for operation

Equipment	Rate of Motion
AMT	40 strides per minute (SPM)
EFX	40 strides per minute (SPM)
Climber	30 steps per minute
Bike	20 revolutions per minute (RPM)

Informational displays appear when the battery is low or when the rate of motion drops below the minimum requirements. The display explains what to do to retain power. If the messages are ignored, the equipment begins shutdown procedures to maintain the charge of the battery. Refer to *Informational Displays Prior to Shutdown*.

An optional power adapter can be purchased and provides sustained power to the equipment. If you plan to change the club settings on a unit equipped with a P30 or P10 console, the power adapter is highly recommended. To purchase the optional power adapter, check with your dealer. Refer to *Obtaining Service*.

Informational Displays Prior to Shutdown

The equipment saves its battery charge by moving into a shutdown mode. If the user does not maintain the minimum rate of motion, a 30-second shutdown process begins.

In this mode, the console displays a countdown indicator and ignores all keypresses. If no movement is detected or the rate of motion remains below the minimum, the indicator changes as the countdown continues.

Note: The user can resume exercising before the countdown period elapses and the workout will continue from the point at which it was paused.

Important: *If the equipment is connected to a CSAFE master device, it follows a slightly different shutdown process. Ten seconds before the equipment shuts down, it ends the exercise session and displays a reset message while it disconnects from the CSAFE master device. It ignores all keypresses during these last ten seconds.*

Symptoms of a Low Battery

If no one has used the equipment for an extended period of time, the battery may need recharging.

Symptoms of a low battery include the following:

- A flickering or erratic display
- Loss of user and program information after the user stops exercising, without any display of a workout summary or a notification of pending shutdown
- Inability to decrease the incline setting (if any)

Important: *To maintain a constant power source, use the optional power adapter.*

Using the Optional Power Adapter

After connecting the power adapter to the equipment, plug the opposite end into the appropriate power source (120 V or 240 V).

CAUTION: When the optional power adapter is in use, make sure that the power supply cord does not create a safety hazard. Keep it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it must be replaced.

The control console functions differently when the power adapter is connected. Because the power adapter provides a constant source of power, a user can pause for brief periods without initiating shutdown procedures. When the pause time limit expires and the user has not resumed exercising, the console returns to the Welcome screen. The default pause time is 30 seconds for all fitness equipment. Refer to the manual for your control console for instructions on setting or changing the pause time limit. To learn how to install the power adapter, refer to *The Optional Power Adapter Kit*.

The Optional Power Adapter Kit

If you purchase the optional power adapter, you must also purchase the internal cable kit. The kit supplies the cable, bracket, and fasteners that connect the power adapter to the lower electronics board.

CAUTION: The internal cable kit must be installed by authorized service personnel. Do not attempt installation on your own as you could void the Precor Limited Warranty. For more information, refer to *Obtaining Service*.

Important: *If this equipment includes a P80 console, the optional power adapter and the internal cable kit must still be installed to provide continuous power to the base unit and support its internal battery.*

Once the internal cable kit is installed, you can plug the optional power adapter into the equipment. Plug the opposite end into the appropriate power source for your equipment (120 V or 240 V). Review the safety instructions found at the beginning of this manual before using the power adapter.

Replacing the Battery

The equipment's battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service*.

CAUTION: The battery stored inside the equipment contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to *Hazardous Materials and Proper Disposal*.

Chapter 5

Commercial Cardiovascular Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

All Commercial Cardiovascular Products (excluding StretchTrainer, Strength Products, and coverage specific to certain models and options as defined below):

- Frame: 7 years
- Treadmill drive motor: 5 years
- Items subject to wear: 1 year
- All other parts (including mechanical parts and electronic parts): 2 years
- Labor: 1 year

880 Line Commercial Cardiovascular Products (superseding the coverage above where applicable):

- Labor on the P80 console: 2 years
- High wear items on the P80 console, including headphone jack, USB connector, and iPod® connector: 90 days

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
   a. it remains in the possession of the original purchaser and proof of purchase is demonstrated.
   b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
   c. claims are made within the warranty period.
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. Precor is not responsible for Internet connectivity to its products. This restriction applies to services, such as those provided by an Internet service provider (ISP), and also to hardware related to Internet connectivity, such as Ethernet cabling, routers, servers and switches.
4. Precor is not responsible for the quality of television, video, audio, or other media supplied to its products. This restriction applies to services, such as those provided by a cable or satellite television provider; to signal strength and clarity; and also to hardware related to the reception and delivery of television, video, audio, and other media. Such hardware can include (but is not limited to) audio, video, and radio-frequency (RF) cabling, connectors, receivers, modulators, combiners, distribution amplifiers, splitters, and so on.
5. Precor cannot guarantee that the heart rate measurement system on its products will work for all users. Heart rate measurement accuracy varies based on a number of factors, including the user's physiology and age, the method in which the heart rate measurement system is used, external interference, and other factors that may influence heart rate acquisition.
6. Except in Canada, Precor does not pay labor outside the United States.
7. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Software version upgrades.
2. Software defects that do not materially and negatively affect the normal performance of the product under normal conditions of use.
3. Consumable goods or cosmetic items of the product, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling, or modification in design or construction not authorized by Precor.
4. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
5. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
6. Pickup and delivery involved with repairs.
7. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Complete this portion and keep for your records.

Purchased From: _____

Example: Dealer or store name.

Phone Number: _____

Example: Dealer or store telephone number.

Product/model: _____

Example: AMT 885 or EFX 883.

Serial number: _____

The serial number is found on the shipping container.

Effective 1 November 2010
P/N 36286-114

Notes:

Notes:

Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA USA 98072-4002

EFX 8x5 PAG/OM 300711-401 rev H, en
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October 2012